

**5 CLAIMS**

We claim:

1. A method of treating a patient suffering from at least one of the following inflammatory conditions: inflammatory bowel disease (ulcerative colitis, Crohn's disease, and proctitis), microscopic colitis, allergic eosinophilic gastroenteritis, food  
10 allergies, pill induced esophagitis, celiac disease, recurrent polyps, hemorrhoids, and psoriasis, wherein a progesterone or progesterone analog is selected and administered to the patient.
2. The method of claim 1, wherein the progesterone analog has high progestational activity.
- 15 3. The method of claim 1, wherein the progesterone analog is medroxyprogesterone acetate.
4. The method of claim 3, wherein the patient is treated with medroxyprogesterone acetate once a day.
5. The method of claim 3, wherein the patient is treated with from about 500  
20 mg to about 2 grams of medroxyprogesterone acetate daily.
6. The method of claim 1, wherein the progesterone analog is administered orally.
7. The method of claim 1, wherein the patient is suffering from at least one of the following inflammatory conditions: inflammatory bowel disease (ulcerative colitis,

5 Crohn's disease, and proctitis), microscopic colitis, allergic eosinophilic gastroenteritis, food allergies, recurrent polyps, and hemorrhoids.

8. The method of claim 7, wherein the progesterone analog is formulated in an enteric coated tablet to allow for targeted delivery to the affected portion of the bowel.

10 9. The method of claim 7, wherein the progesterone analog is administered rectally using a composition chosen from an enema, a suppository, a foam, a cream, a gel, an ointment, and a suspension.

10. The method of claim 1, wherein the patient is suffering from psoriasis.

11. The method of claim 10, wherein the progesterone analog is applied to the  
15 skin, injected into at least one psoriasis lesion, or injected into the body near at least one psoriasis lesion.